



Yoga & Pilate's Classes

Certified Instructor: Sandra Shurling, Owner of Shapes Yoga Studio

Class Location: Nowell Recreation Center - Back Gym
201 West Spring Street - Monroe, Georgia 30655

Class Dates: Wednesdays (year-round)

Class Time: 12:00 Noon - 1:00 PM

Class Fee: \$35 per month or \$10 per class

**Come
strengthen, stretch, & tone
with us!**

Special Notes: Walk-In are welcome.
Mats are available for purchase or bring your own.
Wear comfortable clothing.



Phone: 404-643-7324

Web: www.shapesyogastudio.com

